



STATESMAN

Wednesday, October 14

UNIVERSITY OF MINNESOTA DULUTH

www.umdstatesman.com

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LARAMIE CARLSON/STATESMAN

Junior Justin Fontaine fires in one of UMD's first goals of the season Friday night.

Expanded coverage online at umdstatesman.com

\$10 million building approved

New American Indian Learning Resource Center construction to start August 2010

BY EMMA FROMBERG
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Another new building project has been approved at UMD. The new American Indian Learning Resource Center will be built next to the planetarium, on part of the parking lot across the road from the Wild Ricing Moon sculpture.

The new building is projected to cost \$10 million. It will be 1,900 square feet and have four stories. There will be a walkway connecting it to the rest of campus from the planetarium.

The resource center will have several different uses, including a student lounge, an American Indian artifact display, two classrooms, a

library and a large gathering area on the top floor.

"That's why it's going to be four stories," said Associate Director of Facilities Management, John Rashid. "So you can see Lake Superior."

Rashid says that the building is still in early stages of development. Facilities Management hired the architects on the project late last spring, and plans to begin construction as early as August of 2010. Rashid said it will probably be a 14-month project.

The current American Indian Learning Resource Center is located in Kirby Plaza 315. It houses the second largest American Indian library collection in the Midwest, the Mishoomis Library, which will be transferred into the new building

once it's complete.

"It will help the program expand, as we'll be the primary tenants of the building, but it will be a great resource for the entire university," said Rick Smith, Executive Student Personnel Worker at the UMD American Indian Learning Resource Center.

He says the library will have the potential to grow into the largest in the Midwest by the time the new building is erected. The building will also be useful for university-wide events like speeches, celebrations and gatherings.

Currently, there are 20 different American Indian programs at UMD, and programs to help promote education about the culture.

"The primary function of the [re-

source center] is retention of American Indian students, academically, personally and for financial aid counseling, as well as tutorial services," Smith said. "We also put on special events like speakers and feasts to promote awareness of American Indian competency and give people a better understanding of American Indian students."

The classes will most likely continue to be taught in their current classrooms on campus even after the project is finished, and the classrooms in the new building may be utilized for a number of different programs, according to Smith.

"I'm excited, honored and proud to be part of this," Smith said.

Engineering students hope new homecoming tradition sinks in

BY MIKE NOVITZKI
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Homecoming week is a time when the university invites students, alumni and faculty to join together and celebrate traditions. Many of them are old and time honored, but some are new and rather unconventional.

The Mechanical and Industrial Engineering Club (MIE) will host its second annual Homecoming Cardboard Boat Race on Oct. 15 in the Bagley Nature Area. For the race, teams of three will paddle across the pond and back in homemade cardboard boats. The rules state that cardboard, tape, caulk and paint are the only materials that can be used to build the boats. The races are time trials so any team that stays dry should have good odds at winning.

"We only had nine teams last year," said MIE club member Aaron Stotko. "And only three of them didn't sink."

The club promoted the race by tabling in Kirby Plaza last week. They noticed that the race's popularity had grown when they exceeded their expectations by registering 17 teams.

MIE club officer Kevin Nowak came up with the idea for the race last year while trying to conjure new design challenges for engineering students.

"When I stumbled on the idea of a cardboard boat race, I thought it might be a good event that we could get the entire campus involved in," Nowak said. "It turned out to be a big success."

At the end of the race, three awards will be given out. One will be given for the fastest time. Another will be given for the most creative boat design. Lastly, the appropriately named Titanic Award for the team that suffers the most extravagant sink.

Sophomore Steven Eckert and his teammates were the inaugural winners of the Titanic Award.

Eckert admitted last year was a bit of a trial run.

"We've been planning this for a while now," he said. "We're more prepared this year," he said.

The number of teams participating has nearly doubled in size since the first race last year. With many racers being rookies at ship-building, there



(Left to right) Jake Weiers, Kevin Nowak and Thomas Rustad try to stay afloat in last year's competition.

will probably be plenty of Titanic Award contenders.

The race should be an entertaining event for both participants and spectators alike. There will be concessions available and the MIE club members are hoping that it will attract a good crowd, as this is intended to be a fundraiser for the group.

Another MIE club member Kevin Jax said, "The entry fee is just to pay for the shirts. The fundraising is the

actual concessions; so we're looking for people just to show up."

The pre-race boat inspection begins Thursday at 4 p.m. at Rock Pond in Bagley next to Oakland Apartments. The race is scheduled to begin at 4:30 p.m.

"This race has growing potential and hopefully it becomes a homecoming tradition that everyone can enjoy," Nowak said.

UMD STATESMAN

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Motorcycle club fires up this semester

BY FATIMA JAWAID

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Winter is officially around the corner. Students all across campus can be seen bundled up in their winter coats hurrying in and out of UMD, eager to get out of the cold. Despite the chilly temperature, almost a dozen students could be seen last Wednesday standing underneath the Dining Center eating hot dogs and talking, almost oblivious to the cold.

They are gathered for one reason --their love of motorcycles.

"Most people have their bikes packed up already," said senior Rich Burns, who has been riding for over four years. "These are the more hardy guys--the ones who are more into it. We'll be out here until there is snow on the ground."

These motorcycle enthusiasts are part of the DC Underground, a new student organization formed for people who love to ride.

"It's just a good time," said junior Kevin Shrader, president of DC Underground. "We hang out, eat and get over the week with people who share the same enthusiasm for the sport of motorcycling."

Shrader, along with Burns and freshman Dane Vocolka, are responsible for turning the group into an official student organization this year.

The group gathers underneath the Dining Center every Wednesday. The club provides food for its members before heading out for a group ride. They usually try to head out to



KEN OLSON/STATESMAN

DC Underground members meet under the Dining Center before their ride on Wednesday nights.

places with good trails like Jay Cook State Park, Shrader said.

Although DC Underground has only been an organization for a few weeks, many members have been meeting since fall 2008. It wasn't until this fall that they decided to start putting up fliers hoping to get more people involved. And it's working--juniors Travis Cunningham and Ryan Bogart came to the meeting for the first time after hearing about the group.

"It's a lot friendlier than I expected," said Bogart. "It's cool to get out with people who share the same hobby I do. I'll definitely be coming back."

As the group evolves, they hope to start tabling with the other student organizations, get T-shirts and maybe set up some motorcycle shows, Shrader said.

"Hopefully, even get people interested in riding motorcycles who normally wouldn't."

"There's this danger hype that surrounds

motorcycles," Shrader said. "Not everyone who rides a motorcycle gets injured. We want to show everyone that there is a safe way to operate motorcycles and have a lot of fun doing it."

The DC Underground meets under the Dining Center every Wednesday at 5 p.m. but their season is over for the fall. They'll be starting back up next spring.

For more information visit the group's Facebook page at "DC Underground."

Conquer grad school with early preparation

BY LAUREN REGNIER

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Does applying to graduate school seem like too big of a challenge? If it is, participating in a preparation program, such as the Ronald E. McNair Program, can help get you on the right track.

There are a handful of reasons why students want to go to graduate school.

"A lot of people go for the credentialing aspect, meaning you would have to get that degree in order to do what you want to do," said Susan Holm who runs the Ronald E. McNair Postbaccalaureate Program.

The McNair Program is a preparation course offered through the University of Wisconsin-Superior for students planning to go to graduate school. Holm said that it helps students from when they first decide they want to go to graduate school to actually making it happen.

"They were there to support you all the way," said Heather Neu, a UMD grad student who has gone through the program. "They spent the first few weeks getting to know you as a person."

The application process and qualifications to get into graduate school differ for each school. The Ronald E. McNair Program helps you figure out those requirements. They also help you do research, as research is an essential part of graduate school. They have a number of workshops including ones on how to find funding and deciding which school to attend.

"My program works to get you to wherever you want to go, whether that's at UMD or any program across the nation," said Holm.

There are certain qualifications to be in the program, which you can find on its website: www.uwsuper.edu/mcnair.

"The good news about grad school is that it's a bit more

intellectually challenging [than college], but you're doing it in an area that you really want to do it in," said Holm.

Neu, going for her M.A. in Chemistry, said that she finds graduate school easier than undergraduate classes.

"When you go for your B.A. you have all these extra classes, like your gen. eds, but when you're working for your M.A. you're only taking classes in your field," Neu said.

The most challenging aspect of grad school is deciding what to research because it's what you do day after day, said Neu. For students who want to succeed in their field, Neu encouraged them to begin research early because the more research you have, the stronger candidate you will be when it comes to competing with other applicants.

Holm said the best way to take on grad school is to prepare early because there's a lot of competition.

"Take time to figure out what it is you want to do and how you're going to get there to be the most successful," she said.

The tissue issue

BY SAGE BONOMO
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Cold weather brings winter jackets, seasonal outdoor activities and colds. And as everyone knows, the most common symptom of colds are runny noses.

As some of you may have noticed in the past, or will begin to notice as the cold temperatures set in, there is a complete lack of tissue supplied in classrooms. Blake Jorgensen, a senior at UMD, took it upon himself to get to the bottom of the lack of this seemingly trivial luxury.

"I wrote [an e-mail] to Kathryn Martin [the chancellor] about the tissues because I feel like there are some small things that need to be changed at UMD that could make a huge difference," Jorgensen said. "But it was handed off to someone else and I got a response from the facilities department."

In Candice Richards's, a UMD facility management administer, response to Jorgensen's email she wrote, "Unfortunately, the current financial climate precludes this addition right now. It would cost approximately \$18,500/year to provide 125 classrooms with three boxes each week, and would also require extra custodial storage space and labor time."

These numbers were a rough estimation based on \$1 boxes of tissue, with three boxes a week for the 125 classrooms on campus.

"Three boxes a week seemed reasonable for the number of students who pass through each classroom each week," Richards said.

Cost isn't the only factor preventing the facility department from investing in tissues for the school.

"Even if the cost were half as much, the storage of stock would still be an issue," Richards said. "Cases of 48 boxes, which is how they are sold, take up more space than most custodians have available in their closets."

Having to distribute and store tissue boxes would also add yet another responsibility to the custodians' already increased duties due to a budget cut induced shortage of staff.

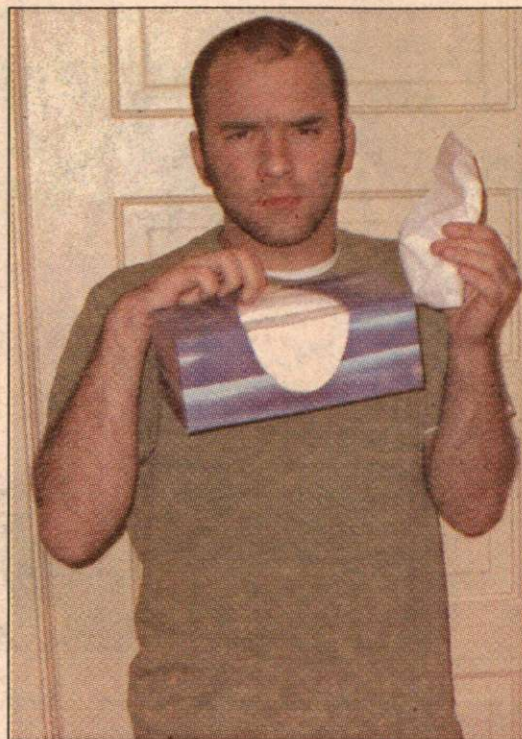
"Given the current financial climate I don't think this is a good time to add costs or services, unless there was an urgent need driven by public health," Richards said.

Jorgensen expressed disappointment in the response he received from Richardson.

"I probably wasn't the first person to ask why we don't have tissues in the classrooms," Jorgensen said. "I felt like they had a vague response waiting, and that's what I got."

Jorgensen has been the first student to attempt to bring student body attention to this issue, but he isn't the only student would like to see tissues in the classroom for the long cold months ahead.

"I would definitely appreciate some tissue," Kenny Bitzer, a sophomore at UMD said. "Some



MARK WARNER/STATESMAN
Blake Jorgensen holds his much-appreciated box of Kleenex.

Kleenex, with the antiviral stuff. And aloe."

The plight of a runny nose is also a familiar one to Bret Setran, a freshman at UMD.

"I hate when I'm the only person in class with a cold, and I'm sniffing over and over again and everyone is looking at me and getting irritated with me," Setran said.

Although Jorgensen was discouraged by the little attention his concern got, he still has hopes that something will be done about it.

"I don't see why a classroom would need three boxes of tissues a week, and I don't see why they couldn't just take the money out of our tuition," Jorgensen said.

A box of tissues in a classroom may seem like a basic need that should be met, to a student, but it appears that there's a lot more energy and expenses put into supplying tissues than one might assume.

"I have to wonder if a box of tissue on a professor's desk would be convenient to a sneezing student," Richards said. "It seems more likely that people would carry their own, or offered a tissue by someone sitting close."

Jorgensen remains unsatisfied with the lack of tissues.

"I would like to see where all of my tuition is going to if they can't just put aside a couple of dollars for tissues," he said.

Homecoming
activities begin!

Oct. 14-17

Bonfire, Carnival,
Tailgate party, 5K &
numerous sporting
events

Lakewalk
extension
ribbon-cutting
ceremony

Oct. 14 12:30 p.m.
47th Ave. W. section
of the Lakewalk

World
Maritime Day
IMAX screening:
Mysteries of the
Great Lakes

Oct. 16 5 p.m.
Omnimax
\$5

Times
Talks: *Amelia*
with Hilary
Swank & Mira
Nair

Oct. 16 6:15 p.m.
Montague 70
FREE

Head of the
Lakes Job &
Internship Fair
Oct. 21 10 a.m.- 2 p.m.
Kirby Ballroom



Betty's Top Five in Duluth

Vigil held Monday gave voice to hate crime victims



MANDA LILLIE/STATESMAN
Hate crime victims console each other during Monday's vigil.

BY MANDA LILLIE
lill0177@d.umn.edu

A vigil was held in the Kirby Lounge Monday evening for all who have fallen victim to hate crimes, known and unknown.

"We are here to remember those who do not have someone to remember them," said Sadie Tollman of the many victims of hate crimes that are reported anonymously or not at all.

Sadie recalled her own experience with hate crime her freshman year. The incident was reported to campus authorities, but the punishment for the girls involved seemed like a mild slap on the wrist.

Other students spoke of their own experiences, relaying their sorrows, regret and anger of events involving friends, family members and even themselves. Others who wanted to contribute read from ready printed facts about hate crimes, poetry and stories of other incidences.

These stories included Mathew Shepard's, a Colorado college student beaten to death by two young men because he was homosexual. The vigil was held on the eleventh

anniversary of Mathew's death, which is considered one of the most notorious hate crimes in the United States.

After the speaking concluded, the participants made a circle to provide a more comfortable atmosphere for open conversation.

The talk quickly turned to the recent legislations being passed to bring awareness of hate crimes to a national level. The Local Law Enforcement Hate Crimes Prevention Act of 2009 (The Mathew Shepard Act) was passed by the house on April 2 of this year to expand the protection of United States federal hate-crime law.

The students involved in the vigil gave a voice to the victims of hate crime who could no longer speak for themselves. Remembering past tragedies, no matter how difficult, and sharing them with others is one of the many ways we can stop hate crime here on campus.

For more information visit <http://www.d.umn.edu/conduct/>.

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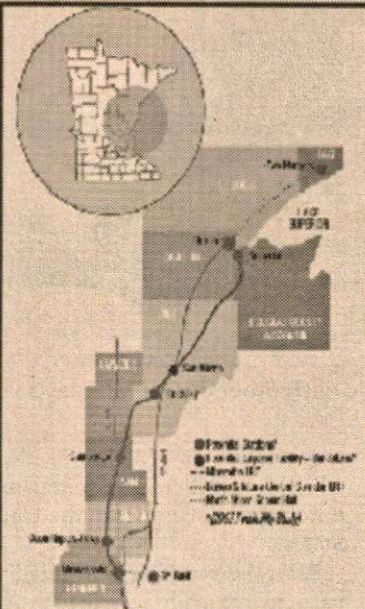
FIRST CLASS

10/15/09

Please use this ticket as your invitation to provide input and support for the development of Minnesota's rail network.

Your support is important to the effort to restore passenger train service between the Twin Ports of Duluth—Superior and downtown Minneapolis.


On October 15, attend the public open house to meet and discuss restoration of passenger rail service with MnDOT officials and national rail consultants.



MINNESOTA PASSENGER RAIL SERVICE DULUTH PUBLIC OPEN HOUSE

TIME 5:00

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MPIRG

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Film and discussion by



Joseph Akol Makeer
Author of From Africa to America,
The Journey of a Lost Boy of Sudan

Free and open to the public.

Wednesday
October 21, 2009
7:00 p.m.
Montague Hall 70, UMD

A reception follows the lecture.



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HOMECOMING 09

DOG EAT DOG

BONFIRE

IN LOT S7: SPONSORED BY KIRBY STUDENT CENTER

Thursday, Oct 15th
6:00-8:00pm in LOT S7
FREE FOOD FROM FAMOUS DAVES!

WEDNESDAY OCT. 14TH

ACADEMIC CHALLENGE

5:00-10:00pm @ Kirby Lounge
SPONSORED BY GREEK LIFE

THURSDAY OCT. 15TH

CARDBOARD BOAT RACE

Bagley Nature Area: Rock Pond
4:30pm
Entire campus community &
alumni welcome to spectate!
SPONSORED BY MECHANICAL
& INDUSTRIAL ENGINEERING CLUB

BONFIRE

(details below)

FILM: "Up"

8:30pm @ Kirby Lounge
Free Popcorn & Pop
SPONSORED BY KPB

FRIDAY OCT. 16TH

CARNIVAL

(details below)

HOCKEY TAILGATE PARTY @ FAMOUS DAVE'S

5:30pm @ FAMOUS DAVE'S

Pep Band & Give-a-ways

* There will be FREE early bussing to the
event for students (same busses that take
students to & from the Hockey Game)
(Entire campus community & alumni welcome)

HOCKEY GAME UMD VS. MSU MANKATO @ DECC at 7:07PM

VOLLEYBALL GAME UMD VS. U of MARY @ ROMANO GYM at 7PM

FILM: "Up"

8:30pm @ Kirby Lounge
Free Popcorn & Pop
(Parents & Family Weekend Event)
SPONSORED BY KPB



CARNIVAL

SPONSORED BY MULTICULTURAL CENTER & KPB & GREEK LIFE

Friday, Oct 16th
11:00am-2:00pm @ 1st FLOOR KIRBY
(or 1st floor of Kirby depending on weather)

SATURDAY OCT. 17TH

5K HOMECOMING TRAIL @ BAGLEY NATURE AREA

10:00am

RACE DAY REGISTRATI
WELCOME @ BAGLEY

Register by: Oct 6 @ 2pm
guaranteed t-shirt (218-726
COST: \$12 UMD students/

SPONSORED BY UMD RSOP

BREAKFAST OF CHAMPI @ THE DINING CENTER

10:30am-1:00pm

In addition to your typical
breakfast food, there will be
special homcoming appeti:
(examples: mini-tacos, chicke
& egg rolls)

PARTY PRE-GAM

10:30am-1:00pm @ Grigg
* Face painting station + g
* Free Bulldog Boxers for i
first 300 students there
* Tons of free give-a-aways:
game: Thundersticks, bea
(Students Only)

FOOTBALL GAME UMD VS. SCSU HUSKIES @ MALOSKY STADIUM at

VOLLEYBALL GAME UMD VS. NORTHERN STATI @ ROMANO GYM at 4PM

'DIG FOR THE CURE' PINK GAME

MEN'S HOCKEY GAME UMD VS. MSU MANKATO @ DECC at 7:07

SHIRTS ON SALE ALL WEEK

A uniquely diverse collection at the Tweed

Exhibit
inspires local
poets to share
later this week

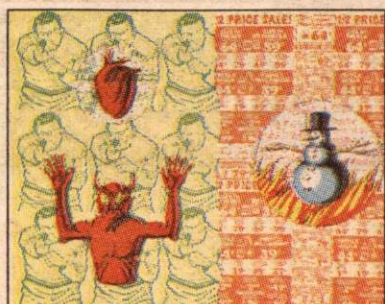
BY LAUREN LUNDEEN
lunde178@d.umn.edu

The Tweed Museum of Art; we've all walked past it at one point or another, but how many can say they've been in it? With over 6,500 art objects from the past and present, the Tweed has a wide collection of cultures and histories.

There's much to be seen in the Tweed, from the "Andy Warhol: Pop and Polaroid" exhibit to the "UMD Art & Design Faculty Exhibition." One of the other main exhibits the Tweed has is "A Flow of Ideas: Selections from the Permanent Collection."

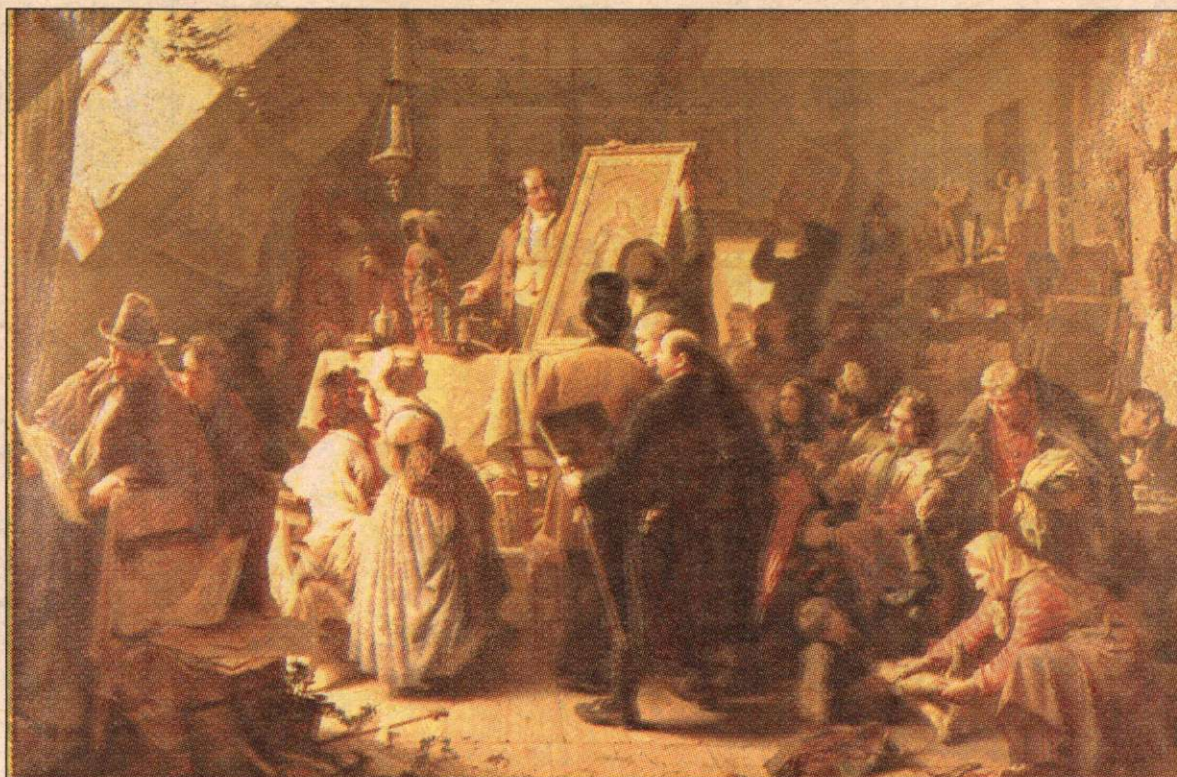
What's unique about "A Flow of Ideas" is that the Tweed is holding an opening reception on Oct. 18 from 2 p.m. to 4 p.m. that features two local poets: Patrick McKinnon and Louis Jenkins from Minnesota will be reading poems that are art-inspired by the collection.

"[They're] well known poets from Minnesota and we asked them to come in and look at some of the art works and write something – reflections of the works, poems inspired in response to the artwork," said Peter Spooner, Tweed curator.



Spoooner said that with these poets we're getting a different perspective, "The poems are not based on historical facts but on someone else's response entirely." He said that this is another approach to the work; how the poet interprets it.

Other than the poets, there is much to see when it comes to the art collections. Some of the artworks are from students or a younger audience such as Andrea Selese Carlson, an American Indian artist. Carlson is of mixed race, Swedish and Ojibwa, and has a strong sense depicting the struggle between cultures in her art.



COURTESY OF THE TWEED/SUBMITTED

Pieces from the Tweed Art Museum's exhibit A Flow of Ideas: Selections from the Permanent Collection.

Another young artist at the exhibit is Artemio Rodriguez, a Mexican artist who does traditional Mexican print-work on skateboards.

In addition to these young artists, the exhibit will be featuring work from Christ Mars who is the former drummer of the Replacements, Mary Hugo, Margo Selski, Leon Dabo, David Wojnarowicz, Irit Batsry and more.

Don't be discouraged though if you are unfamiliar with any of the artists or the artwork. "Lots of people fear the museum because they feel they have to 'know the pieces,'" Spooner said. Everyone is welcome to come and enjoy the art collection. Food and drinks will be provided in a reception afterward.

The reception is free and open to the public. There's no dress code and everyone, especially students,

are encouraged to come.

"We'd love it if more students came to these," Spooner said. "We look forward to these parties."

"A Flow of Ideas" is featured on the first floor of the Tweed and is arranged around larger themes like mythology, cultural narratives and fairy tales. For more information visit the Tweed Web site at www.d.umn.edu/tma.



Couples Retreat

BY KYLE DEGOEY
dego0016@d.umn.edu

"Couples Retreat" is good for a cheap laugh. Unfortunately, since

movies are \$8 a pop, I suggest waiting until it comes out at a RedBox. It's worth a dollar, but barely.

"Couples Retreat" is a formulaic, cookie-cutter comedy--and

I use that word very loosely--that comes up short on too many levels. Without Vince Vaughn this movie would have slipped into abysmal, but thanks to him, it's only really,

really bad.

Four couples decide to travel to a couples resort, only to find they must partake in therapy to stay on the majestic island. They decide a few hours of counseling is worth jet skiing and waterfalls. But wait, surprise surprise, counseling turns out to cause more problems than it's worth. Add a few contrived jokes and as many hot bodies in

bikinis as possible, and that's the entire movie.

Don't get me wrong, I like a good laugh. Vaughn does deliver a few well-timed one-liners; but it's not enough to save this drawn-out, tiresome comedy that is completely predicable. It just tries too hard.

Overall Grade: C-



Viva Las Vegas! A 21st Birthday to remember!

BY ALICIA LEBENS
lebe0051@d.umn.edu

When your 21st birthday lands on a Saturday, what is best way to celebrate? A weekend trip to Las Vegas with your Mom, of course, and that is exactly what I did last weekend to ring in the next year of my life.

Our flight landed in Vegas at 8:30 a.m. and it was already 83 degrees; a nice change from the cold and snow in Duluth. After a quick stop in our hotel room at the Riviera, we headed out to the Strip. For most of us, the images of Las Vegas are the lights from the casinos on Las Vegas Boulevard at night, but during the day people are only focused on one thing: shopping. It is needless to say that money is the only rule in Las Vegas. You can do almost anything for the right price. Just a stroll down the sidewalk and you are confronted with the entire spring line of every major fashion designer; no wonder Las Vegas boasts the largest collection of high-priced merchandise anywhere in the world. Hours can be happily spent window-shopping Dolce & Gabbana, Gucci, Versace and Marc Jacobs at The Forum Shops in Caesar's Palace.

When nighttime hits, the party gets started and it is everything you imagined it would be. Casinos and nightclubs invite people in, drinks in yard-long glasses are clutched in every hand and girls wearing almost nothing but stilettos scurry by. The focus shifts to where the next drink is coming from and when the next show is.



TARA MORTENSON/STATESMAN
A view from the Las Vegas Strip.

Here are my top five tips on how to navigate your own trip to Sin City.

1. Wear sensible shoes: You can end up walking over 10 miles in one weekend and the last thing you want to worry about hobbling over to the next happy hour.
2. It is a desert, and I don't need to tell you that it is hot and dry. Your best friend will be a bottle of water and a good lipbalm.
3. Las Vegas is a playground for the young, rich and fabulous. It is also the bingo heaven for the elderly. Plan accordingly, the buffet will be filled with old people at 4 p.m. and tickets for Wanye Newton at the Tropicana will be sold out.
4. Las Vegas is expensive. Be ready to pay \$3 for that bottle of water and \$20 for a taxi down the Strip. Gentlemen, be ready to pay for your own drinks.
5. Drink responsibly. This should be a given, but watch what you drink and how much. Nothing will ruin your trip like a night in the hospital. Ladies, be wary of guys buying you drinks. If he is wearing an Ed Hardy T-shirt and getting too close for comfort, he is probably a tool and should be left alone.

I hope you have or already had a 21st birthday to remember. Lets meet up next week, just you me and UMD.

Book Review: *The Time Traveler's Wife*

BY MANDEE KUGLIN
kugli005@d.umn.edu

In the epic battle between books and movies, books always win in my world. Many people can attest to the immense disappointment of having one of your favorite novels made into a movie and having it not live up to the books standards. Audrey Niffenegger's first novel "The Time Travl'r's Wife," was created into a movie, six years after the books was written.

Niffenegger's novel is mildly confusing in the beginning. The jumpiness of the novel can cause

headaches, but also testifies to the true nature of time travel. Eventually, your brain adjusts to the bipolarity and you begin to travel through time with Niffenegger and get sucked into the storyline by the end of the first chapter.

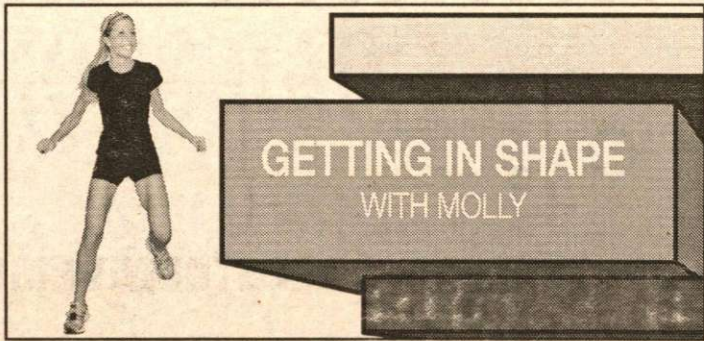
The book begins when 36-year-old Henry falls into an empty field in Michigan and encounters a 6-year-old girl named Clare. Clare has never seen this strange man before but Henry has known her since he was in his late twenties. How is this possible, you ask?

Well, the novel revolves around a librarian named Henry, who suf-

fers from a genetic disease that causes him to unwillingly travel through time and the love of his life Clare, an artist, who has known him her whole life, suffers through his constant disappearances.

This novel manages to make an unlikely combination of sci-fi and romance and still maintain its emotional poignancy. Though, I have yet to see the movie in fear of breaking the spell Niffenegger has wound around me with her fantastic story.

Audrey Niffenegger has a new novel out called "Her Fearful Symmetry."



New relaxation techniques featured in upcoming workshop

BY MOLLY FORKRUD
forkr004@d.umn.edu

Ever heard the saying, "No pain, no gain," when it comes to achieving an effective workout routine? Interestingly enough, this is not always the case. In fact, for many of us, time for relaxation and self-healing might be very necessary and beneficial.

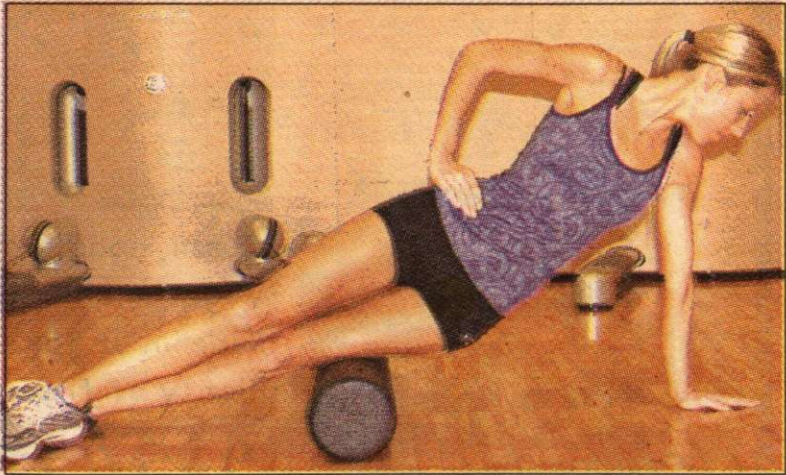
Self-bodywork involves self-massage techniques, smoothing and hydrating connective tissue and exercises to help align the body. Tools for self-bodywork, such as foam rollers and theracane sticks, are becoming more popular in many fitness centers, including UMD. The benefits of the interesting self-techniques are quite extensive. The bodywork aims to release knots of tension in your muscle fibers. It activates your endorphin delivery system-which makes you happier--and helps prevent injury. Learning simple massage strokes can increase your athletic perfor-

mance and balance your body for an overall better life.

How do you learn how to actually perform this different fashioned "workout?" Luckily, UMD is hosting a Self-Bodywork Workshop on Oct. 20 from 7 p.m. to 9 p.m. UMD's Massage Therapist, Rosslyn Kendrick, will be teaching the workshop in the Sports and Health Center Gold Room. It is free for group fitness pass holders, and \$5 for all others.

The workshop will provide explanation of self-massage and bodywork strokes. Participants will learn how to use several bodywork tools: foam rollers, nola rola, theracane, and various balls. You'll leave with feelings of rejuvenation, healing and happiness.

Make time for yourself next Tuesday evening; learn the techniques of self-bodywork and invest in your happiness. Sign up for the workshop soon in the RSOP Day Office.



PAT KOHLIN/SUBMITTED

Molly is using a foam roller ball to alleviate muscular tension.

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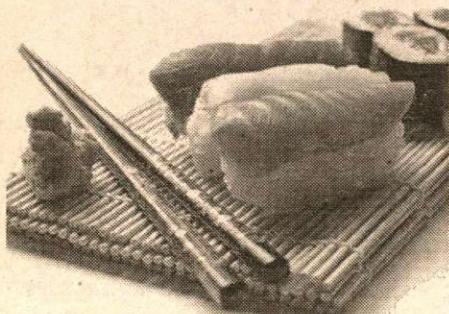
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BY: JENNIE LENNICK
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| 9 | BLITZEN TRAPPER | Black River Killer |
| 10 | TIMBER TIMBRE | Timber Timbre |

ALBUM SPOTLIGHT

Artist: Karl Blau
Album: Zebra



Zebra is Karl Blau's new LP. Coming from the port city of Anacortes, Washington, Blau is heavily involved in his rich local music and art scene. As an active member of the Knw-Yr-Own/K Records collective, Karl Blau performs with multiple bands including D+, Your Heart Breaks, and tours extensively with Phil Elvrum (Mount Eerie and the Microphones). In addition to creating albums, Blau formed a monthly music subscription program called KELPI Monthly, in which he distributes found sound recordings, art recordings, and other musician's albums. His new album "Zebra" is typical of Blau's varied musical style merging aspects of hip-hop and folk. Dance tunes as well as more relaxed and lazy folk songs can be found on the eclectic new album to be released this week!


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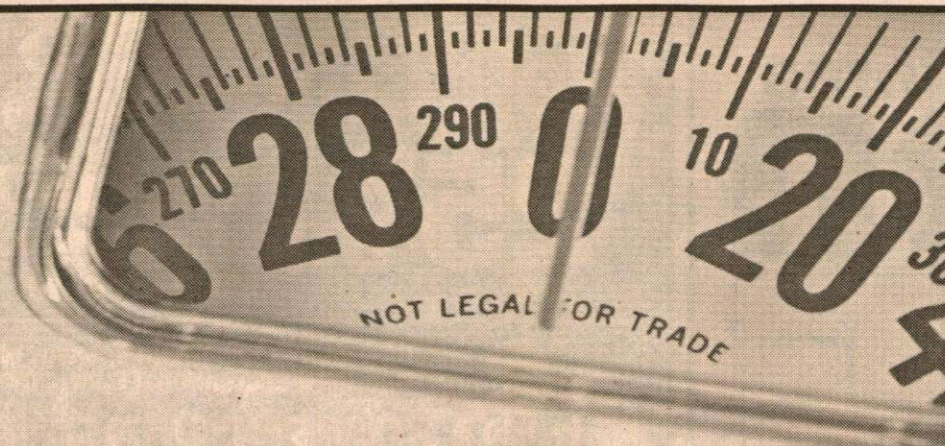
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10:00 AM – 2:00 PM

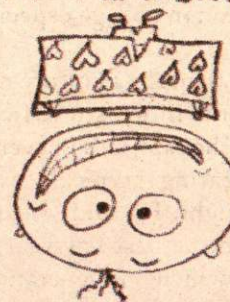
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Letters to the editor can be sent to: cowar006@d.umn.edu.

OUR VOICE: For lack of a better word

Last week, I was in the gym, mostly staring into the mirror hoping my body would take on its ideal shape. While working out, I overheard a conversation between two male students. Using vulgar swear words, they described a mutual acquaintance of theirs as being far less masculine than themselves.

I wasn't going to interject and ask them to tone it down for two reasons: one, because they could easily throw me through the window, and two, because this sort of conversation seems to be common in college especially amongst male students.

To further understand the rising culture of swearing, I turned to UMD Professor of Linguistics Michael Linn.

"Swearing is universal," he said, "it's in every culture."

Linn explained that swearing is typically used to express anger and to cut off thought. He said swear words have been used increasingly in the past few years because it's permissible, it's a culture which our generation has grown up in.

While speaking with employees from both UMD Stores and the UMD Bookstore, I discovered that swearing is not always used to express anger. Swearing, they said, is typically used while telling stories.

Senior Allison Schoenfelder, who works in UMD Stores, said she often hears swearing when people are on their cellular phones telling a story. Grad student Jenna Feldmeier, who works in the UMD Bookstore, said she has noticed the same trend.

"You hear a lot of it, you hear some pretty raunchy things that you wish you didn't have to hear," Feldmeier said.

Linn described this type of communication as a connecting experience.

"You're bonding as a group when you're telling a story," he said.

For example, you may swear while playing basketball

with your buddies, but when you arrive in class you will naturally tone it down.

So what about gender? Do men swear more than women? Linn said they typically do.

"A certain amount of non-standard English we tend to associate with masculinity," he said.

Women tend to shy away from swearing because for them, it's associated with low morality, he said.

Is this stigma an unfair social norm?

According to Tineke Ritmeester, head of the Women's Studies department, men exercise power over women in multiple ways, one being the use of verbal intimidation.

For Ritmeester, the problem is not that swearing is more permissible for men, it's that men have control over women through verbal intimidation.

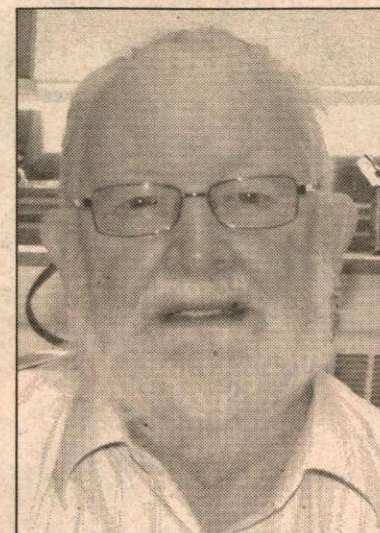
"It's the power that's unacceptable, not the words," she said

In summary, swearing is becoming more acceptable for men, which builds on their cache of power they hold over women.

It would be hypocritical to say I don't swear. There are times when nothing feels better than letting out a hefty expletive. I think we can all agree that saying "that was F'ing amazing," bears more emphasis than "that was amazing." Linn said that swearing is neither good nor bad, and I agree because there are times when we need to use it to fit into a certain culture and there are times when it's useless and makes us appear as idiots.

There is a point where swearing crosses the line from expression to overkill. Swear to the high heavens if you're mad, swear to emphasize a certain aspect of a story, but don't cut off thought every time you're searching for an adjective, there are plenty of them out there to be used.

-David Cowardin



"I don't think swearing is either good or bad."

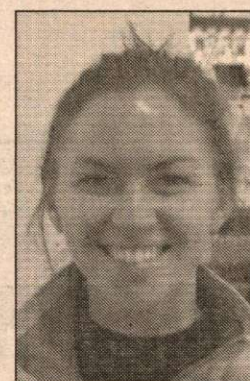
"Swearing is universal, it's in every culture."

-Michael Linn,
Professor of
Linguistics



"You hear a lot of it. You hear some pretty raunchy things you wish you didn't have to hear."

-Jenna Feldmeier, UMD
Bookstore employee



"I hear it when people are on their phones telling a story."

-Allison
Schoenfelder, UMD
Stores employee

UMD STATESMAN

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Opinion

Opinion Editor Mandee Kuglin is at kugli005@d.umn.edu.

UMD parking ramp unrealistic

BY HOLLY NELSON

nels5805@d.umn.edu

Is the student demand for a parking ramp a legitimate request or an unrealistic demand? Creating a parking ramp in order to create another 500 parking spots for students seems like it could only benefit the students. However, in the end, it has more possibilities to hurt the students by taking budget money from other areas.

I can admit to cussing under my breath during a lengthy and taxing hunt for a parking spot before class many mornings; however, I think students need to know the facts behind the matter to fully understand the predicament Parking Services is in.

According to the Executive Committee of the Campus Assembly meeting that was held on Jan. 25, 2005, "The estimated cost figure for 2005 would be closer to \$10 million. Vice Chancellor Greg Fox stated that the parking problems that we have occur less than 150 days a year, and only at peak times during the academic day, typically on Wednesdays."

The school cannot get an extra \$10 million

to pay for a new ramp and all of the regular maintenance that would be required throughout the year.

Joseph Michela, director of Auxiliary Services at UMD, said that unless the government gives us the money, there is no way it can ever happen. All of the loans and accrued interest would create a huge debt for the university.

Not only is a parking ramp not monetarily feasible, but it is not necessary due to the amount of time students spend on campus. Students are only here nine months out of the year, so a parking ramp would go to waste for three months.

Also, parking is allowed in the Maroon lots without a permit from 6:30 p.m. to midnight, and on weekends. Meters are also only enforced 8 a.m. to 6:30 p.m. on weekdays. This means that every weekend and after 6:30 p.m. on weekdays we have somewhere to park for free.

In addition, Parking Services found that they would have to charge anywhere from \$300 to \$400 for each pass in the parking ramp in order to make up for the costs to build it. I would never pay that much for a parking pass,

and with this heightened price, how can we be sure that people would buy all the passes required to pay off the ramp?

Not only is a parking ramp impractical, but there are also other options I believe could solve many of our issues. First, there has been talk in the past about transforming one of the current parking lots into a carpool lot. In other words, if a person has a full car, they can get a price reduction on their permit. I believe this would not only help with the parking situation, but it would also be an eco-friendly answer.

Second, increased use of the DTA would help solve the parking issue. The DTA/UMD bus project has been very successful in increasing the number of riders on the bus and I believe that with increased promotion for the DTA, more people might realize how easy and eco-friendly the bus is.

We need to understand that a parking ramp is an unrealistic demand and is just out of the question. Unless we somehow find \$10 million to hand over to Parking Services, we won't be seeing a parking ramp anytime soon.



JOE OLIVIERI/STATESMAN

The parking lot outside of the Darland Administration building usually fills up by 9 every morning.

Caution a necessity with Iranian threat

BY RYAN LYK

lykxx001@d.umn.edu

International Relations are not systematic. Every situation that arises requires various solutions. All that the past can teach us is that certain precautions need to be taken in given situations. A history of American involvement would then be a good place to start when assessing current situations.

The Washington Post reported that Iran "successfully test-fired its most advanced and powerful medium-range missiles." In addition to this, it was also discovered that Iran is opening a "second uranium enrichment facility." Naturally, the Obama Administration responded.

The Associated Press reported that Presi-

dent Obama has "demanded that Tehran quickly 'come clean' on all nuclear efforts and open a newly revealed secret site for close international inspection... and that he would not rule out military action if the Iranians refuse." Obama's response is typical, but somewhat useful. He has yet to make any commitments to Iran and appears to simply be keeping a watchful eye on them. However, a war on Iran is not necessary and should be avoided at all costs; instead caution should be exercised and we should take a look at history to see what actions we should avoid.

During 1939, Germany invaded Poland and began World War II. Though there were many reasons as to why the invasion occurred, the point is that the main tactic in stopping Germany was appeasement. Germany was given

everything, and Hitler took it gladly. The problem is that when he got what he wanted, he would turn around and ask for more. In this case, appeasing the appeaser only hurt us.

And, instead of preparing their defenses to their highest potentials, Britain and France put their efforts into dialogue and gifts to Germany. When Germany laid siege to France in 1940, the French fell quickly. They moved away from maintaining a strong defense as a means for foreign policy and sought to trust other states and depend on a harmony of interests. Unfortunately for Europe, those ideals were wrong.

Currently, Iran is a threat. They have high-powered weapons, and with creation of a new Uranium plant, there is even more possibility that nuclear weapons may be just around the

corner. To put it simply, an attack from Iran is a very real possibility.

At this point, it cannot be determined whether or not Iran will ever attempt to inflict damage on the United States, but what cannot be denied is that there is a chance, and that America needs to take this chance to keep its borders protected and its defenses in best condition.

We need to be cautious and be sure that we are not heading down a road of appeasement where we may end up giving Iran just what it needs to take our borders down. The documentary "33 Minutes" highlights the very real threat ballistics pose to the United States. Essentially, we are only 33 minutes away from

IRAN

from page 15

being devastated, and the more advanced Iran's nuclear capabilities become, the more real this threat becomes.

To put it plainly, Obama needs to focus on defense. During the campaign, according to Misslethreat.com, Obama made statements about cutting money for missile defense, fortifying space and slowing development of weapons systems. An effective defensive system, though, needs just the opposite.

Instead of defending our borders, Obama has put money on fighting

ground troops in Afghanistan and wishes to force Iran into compliance with sanctions. This strategy has validity; strict sanctions are better than appeasement because we are not giving Iran what they want. If we do not focus on defense simultaneously, though, we may just upset Iran enough to be attacked and have no way of stopping it. Sanctions make countries mad, and it doesn't matter if Iran is upset with us or not. However, should they fail to comply and we hit them hard economically, it is better to be safe than sorry.

PUZZLE ANSWERS**FROM PAGE 18****SUDOKU 1**

2	4	1	7	3	9	6	8	5
3	6	8	2	4	5	9	1	7
9	5	7	6	8	1	2	3	4
7	8	5	3	6	4	1	9	2
6	1	3	9	2	7	4	5	8
4	9	2	1	5	8	7	6	3
8	7	6	5	1	2	3	4	9
5	3	9	4	7	6	8	2	1
1	2	4	8	9	3	5	7	6

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			W	O	V	E	N	E	R	S	A	T
			P	R	E	H	Q	S	R	H	Y	T
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			N	Y	S	E	Z	A	N	Y	T	E

SUDOKU 2

8	4	3	9	7	2	6	5	1
9	5	1	8	6	4	2	7	3
2	6	7	5	1	3	8	4	9
1	9	4	6	8	5	7	3	2
5	7	8	3	2	1	9	6	4
3	2	6	4	9	7	5	1	8
6	3	9	7	4	8	1	2	5
4	8	2	1	5	6	3	9	7
7	1	5	2	3	9	4	8	6

SUDOKU 3

8	7	1	4	9	2	6	3	5
2	9	5	6	1	3	8	4	7
6	4	3	5	8	7	1	2	9
9	5	2	8	3	6	7	1	4
4	1	6	7	5	9	3	8	2
7	3	8	1	2	4	9	5	6
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3	6	9	2	4	8	5	7	1

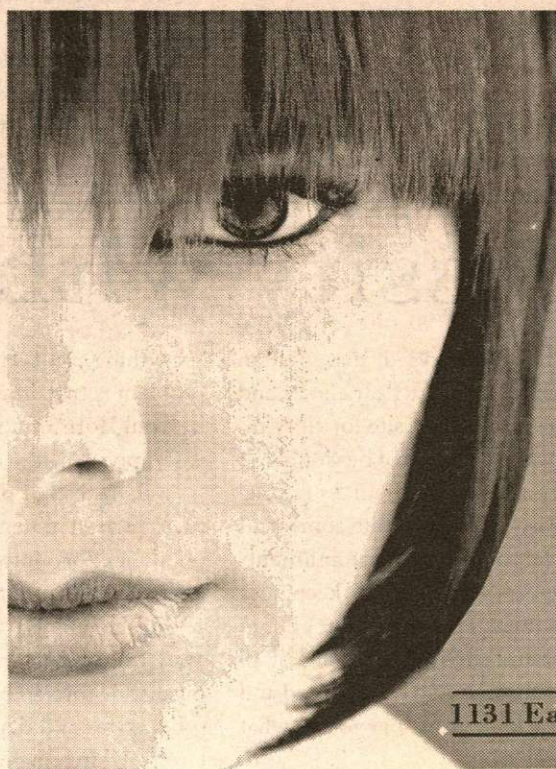
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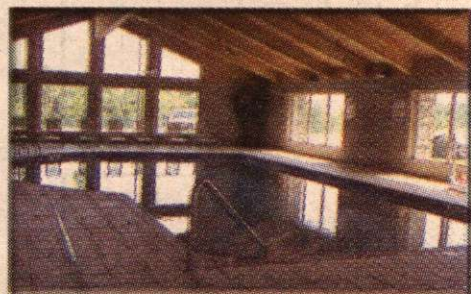
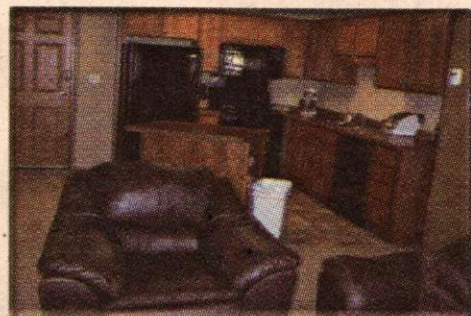
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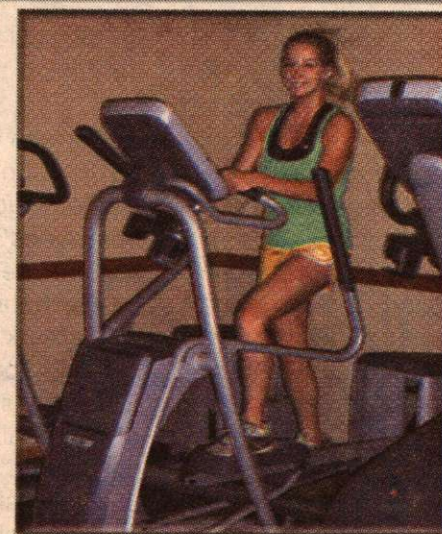
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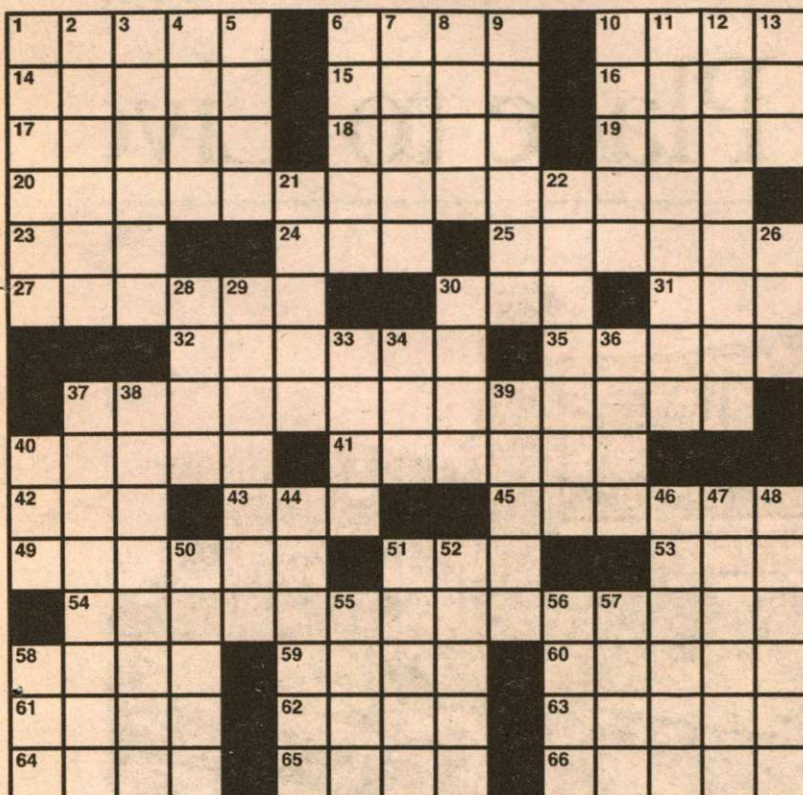
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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis



Across

- 1 Made a disapproving sound
- 6 Witticism
- 10 Highlander
- 14 Cop __: bargain in court
- 15 Healing plant
- 16 Oregon Treaty president
- 17 Trembling
- 18 Having all one's marbles
- 19 Word processing reversal
- 20 Big Southwestern trombones?
- 23 Ending for "ranch"
- 24 Neither Rep. nor Dem.
- 25 Thing
- 27 Madame, in Madrid
- 30 Wide shoe size
- 31 Geese flight pattern
- 32 Actress Greer who received five consecutive Oscar nominations
- 35 At the ready
- 37 Refined trombones?
- 40 Made on a loom
- 41 Imitation
- 42 Med or law lead-in
- 43 Command ctrs.

Down

- 45 Musical beat
- 49 Wells's "The Island of Dr. __"
- 51 Fill with wonder
- 53 Jr.'s son
- 54 Continuously-playing trombones?
- 58 Clenched weapon
- 59 Mechanical memorization
- 60 Remark to the audience
- 61 To __: perfectly
- 62 Sporty sunroof
- 63 Baseball card brand
- 64 Wall St.'s "Big Board"
- 65 Clownish
- 66 Shore birds

- 10 Sudden gushing
- 11 Conspires (with)
- 12 Octogenarians, e.g.
- 13 Boxing ref's decision
- 21 Whopper creators
- 22 Lord's Prayer words following "Thy will be done"
- 26 Thus far
- 28 Eye unsubtly
- 29 Drizzly day chapeau
- 30 Some pass catchers
- 33 Women
- 34 Above, in poems
- 36 Slow-moving, as a river
- 37 Penetrable quality of skin
- 38 Makes a cliché of, say
- 39 Exposed
- 40 Typist's stat.
- 44 Crystalline mineral
- 46 More petite
- 47 Like eggs in an Easter hunt
- 48 Skinflints
- 50 Big name in perfumery
- 51 Dramatist Chekhov
- 52 Tearful
- 55 Letter after theta
- 56 Drift, as an aroma
- 57 Shipwreck site
- 58 Air mover

**PUZZLE
ANSWERS
ON PAGE
16**

SUDOKU

			7				8	5
				4	5			7
				8	1	2	3	
	8						9	
		3		2		4		
	9						6	
	7	6	5	1				
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	2	7			5	4		
5						2		3
				4	8			

SUDOKU 1

SUDOKU 2

SUDOKU 3

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Spring Semester Programs:
Beginning Study in Spring 2010: October 15, 2009

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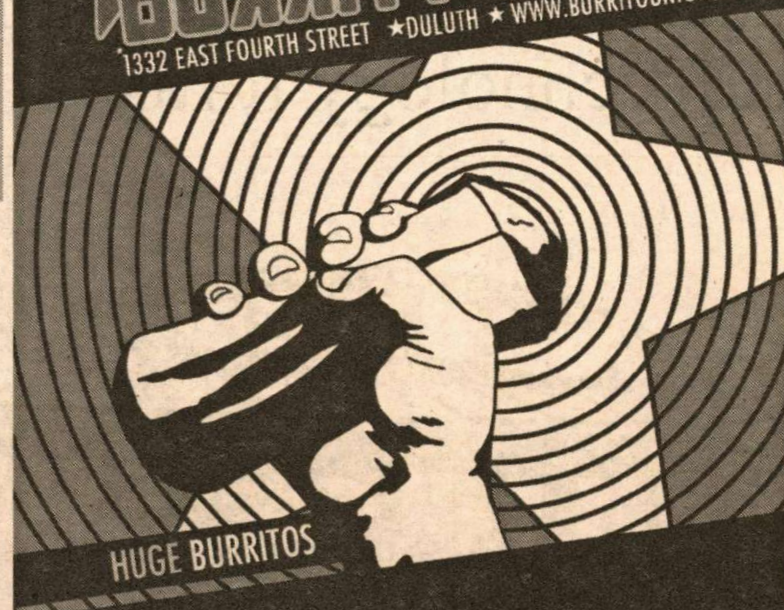
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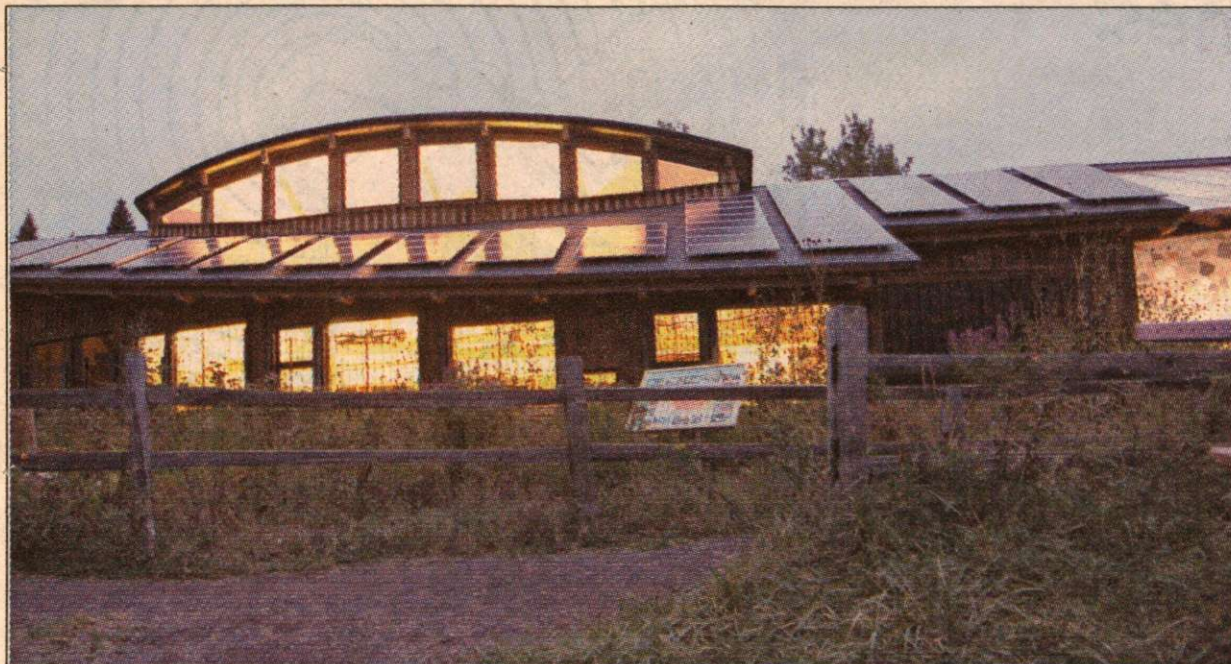
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Outdoors Editor Scott Schmidley is at schm1999@d.umn.edu.

Izaak Walton League holds outdoors and technology forum



SCOTT SCHMIDLEY/STATESMAN

The Hartley Nature Center's new green building, outfitted with many solar panels, is where the forum was held.

BY NATHAN WILLIAMS
will3304@d.umn.edu

Last Wednesday night, the W.J. McCabe Chapter of the Izaak Walton League held a forum on "Technology and the Outdoors."

The panel included Sam Cook, outdoors writer for the Duluth News Tribune; Russ Francisco of Marine General Supply; Brent Gurtek, gun maker and owner of French River Firearms; Dustin Carlson, president of the Lake Superior Chapter of Muskies, Inc. and owner of Northland Muskie Adventures.

Sam Cook started out the discussion by suggesting that the intersection of technology and nature is about much more than gadgets, and wondered if the real question to ask was whether technology is improving the experience of people in the outdoors.

What followed was a discussion that spanned GPS devices to muzzle-loaded guns to spinning-wing decoys for hunting mallards and many points

in-between.

"[Outdoors technology] is driven by an aging group," said Francisco. During his work at Marine General, he's noticed that there are few young people fishing, and that many technological advances in outdoors technology (large screen fish finders, more space on boats, lighter rods) have been developed for the more mature angler.

In contrast, Gurtek said that he had taught many children who were interested in traditional outdoors crafts. These included cooking primitive meals with fire, hunting using older-style firearms and building traditional Anishinaabe structures by hand.

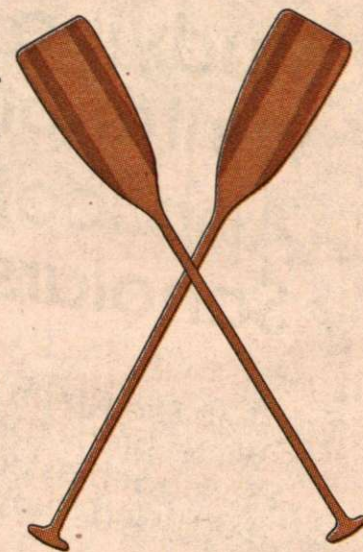
There was also discussion about the effect that technology has had on the skill or productivity of the sportsman. Dustin Carlson acknowledged that GPS and fish-finding technologies are essential to his business of helping clients catch fish. He also agreed with the sentiment that youth are losing out on outdoors experi-

ences due to time spent on personal electronics indoors.

The Izaak Walton League works, in part, to discourage this trend of children missing out on outdoor recreation activities. They hold annual events designed to get kids outdoors, including a spring youth fishing clinic and hunting safety classes. The organization also works to bring awareness to important conservation issues, such as the Viral Hemorrhagic Septicemia (VHS) virus that's currently making inroads to threaten fish species across the Great Lakes.

Meetings are held the first Wednesday of every month at 7 p.m. at the Hartley Nature Center. The next meeting, on Nov. 4, will feature a presentation on energy efficiency and renewable energy in the home. More information about upcoming programs and the organization's other activities is available at <http://www.duluthikes.org>.

Letting nature take its course



BY DAVID COWARDIN
cowar006@d.umn.edu

Let the breeze stoke the fire... let me explain.

I was starting a campfire in my backyard last weekend. It was cold and the wood was a bit wet, but I was determined to get the thing roaring. I packed a few pieces of newspaper into a tube of birch bark that I found in the woods. I lit the paper, waited a few seconds for it to catch and then started to blow to create oxygen. Just as I was about to blow some more oxygen into the tube of birch bark, a gust of wind swept through and did the job for me. Voila! Fire.

This extremely minute detail of my evening made me realize that things happen naturally. We spend so much time worrying about what will become of a class in school, a friendship or our futures, and we forget about happenstance and that things naturally fall into place. My point is we should live in the moment, live to the fullest, do our best and the future will naturally roll out in our favor.

Living to the fullest sounds a bit cliché, so here is an example that will hopefully clear things up.

There is a squirrel that scales

the fence between my house and the neighbors, a resourceful, cheerful squirrel I have named Fred.

Hanging from the fence is a bird feeder, which Fred frequently makes pit stops at. I will be in the kitchen doing dishes and see him scurry along the fence toward the feeder. At this point he stops and takes some of the feed, then he continues along the fence until coming to an overhanging branch from a nearby tree, which he traces back to the trunk. He will sit happily for a while and eventually find a fellow squirrel to chase around the tree.

Fred lives life to the fullest, making the most of his resources and protecting his domain. Yes, Fred gets a little overweight due to the endless supply of feed but at the same time he's making the most of what the world has provided him.

So live like Fred and let the breeze stoke the fire. Find something you enjoy in life and pursue it, even if it seems like a lot to bear at the time. If you truly enjoy it, it will naturally become easier over time. Just like how the earth naturally spins toward its black hole and how summer never lasts long enough in Duluth.

Hiking the wild, locally

BY DAN POTAPENKO
potap007@d.umn.edu

On the morning of Oct. 10, I woke up, looked outside my window and saw a light dusting of that wonderful four-letter word, "snow."

With the first snowfall of the season, I was very excited to get on one of the hiking trails here in Duluth, so I decided to head out and hike through Hartley Park to see some fall colors.

Hartley is a huge park—660 acres—located in the middle of Duluth and really close to the UMD campus. There are over 10 miles of trail to hike with difficulty ranges from easy walking to a more advanced backpacking style.

There are many entrances to Hartley Park. The Hartley Nature Center, off of Woodland Avenue, is open to the public and has a large parking lot. Inside the center there are bathrooms, animal exhibits, classrooms and general information about the park.

I started out my hike at the Hartley Road entrance, which is the start of the Hartley Road Trail and the easiest trail in the park. I dressed warm for winter conditions because the temperature was low and the wind was very strong that day.

The Hartley Road Trail was nice, but I was interested in a trail that was more challenging. Conveniently, the Superior Hiking Trail (SHT) intersects the Hartley Road Trail, so I took that instead. The SHT is for foot-travel only and is over 200 miles long. It follows Minnesota's north shore ridgeline and goes all the way to the Canadian border.

Thirty-nine miles of the SHT go through

Duluth and three miles of the trail go through Hartley. The SHT through Hartley goes up to a ridge called Hunter's Hill and has many exposed rocks and roots, so careful footing is necessary. On Hunter's Hill, the forest changes from a shaded wood into a glowing red from the abundance of Oak and Maple trees that grow on the ridge.

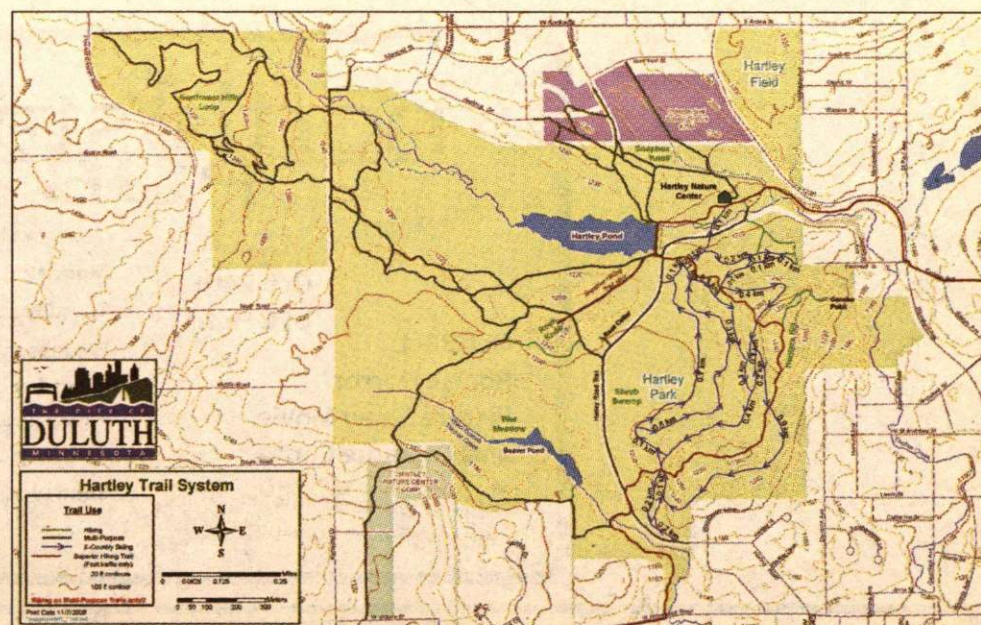
The trail then goes down toward the Nature Center. Along the way down, I went through a red pine plantation with many spruce and balsam fir trees. When I got to the Nature Center, I took the Hartley Road Trail back to where I started.

The trail itself is mostly made of gravel and there is a boardwalk over the marsh. It cuts through the middle of the park and passes by Rock Knob, the old root cellar, Hartley Pond and the Nature Center.

Alongside much of the trail are tall, beautiful White Pine trees. The White Pine was largely logged in the early twentieth century around our area and these wonderful specimens were spared. There are also many quacking aspens and paper birch trees to see that showcase their canary-yellow foliage this time of the year.

The hike only took about an hour, but I was able to get a good look at some yellow-rumped warblers. These little songbirds were all over the area. The yellow-rumped warbler stays north longer than many other warblers and when most other songbirds have migrated south to feed on insects, this bird is feeding on berries and nuts in the cold.

The male warblers have a yellow crown, yellow shoulder patch and rump (hence the name), white tail patches and a white throat.



HARTLEY NATURE CENTER/SUBMITTED

This topographical map shows the trail system within Hartley nature area.

The females have a softer appearance with many brown features. And the bird itself has a brilliant, loud chip that is easy to recognize. One of them came within a foot of me as I watched it feed on the ground. I also saw black-capped chickadees, red squirrels and a hairy woodpecker.

Duluth is an extraordinary city to hike in. Trails are everywhere and there are places around town that are so secluded and wild that they make you forget about how close you are to civilization. Great trails are only steps away here, and this is the most beautiful time to see them.

If you are thinking about going on a hike during this time of the year, here are some items that you may want to bring with you.

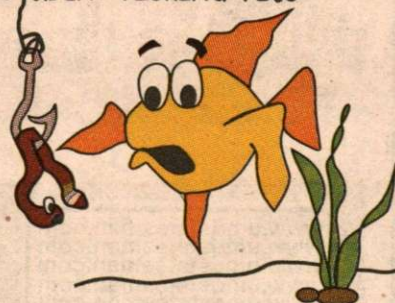
-Hat and mittens/gloves

- Water bottle
- Wind breaker
- A warm insulating layer
- Long underwear
- Sturdy shoes with ankle support

At Hartley though, be sure to keep an eye out for evidence of past human developments in the park. At the turn of the twentieth century, the park was a produce and dairy farm. There is old farm equipment scattered throughout the park and next to Rock Knob, remains of an old root cellar can be explored. Also, in the 60s a soapbox derby track was built and was pretty popular for a short time. The original asphalt of the track can still be seen.

For more information about the Hartley Park trails visit www.hartleynature.org.

STUDENT FISHING PICS



Name: Ryan Kedzie
Fish Species: Sockeye Salmon
Weight: 8 - 12 pounds
Location: Russian River, Alaska



Name: Tyler Gates
Fish Species: Walleye
Size: 25.5 inches
Location: Red Lake, Canada

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October 29, Thursday	<i>"Conflict for Leaders: Yikes! What Do I Say Now?"</i> Presented by Pat Miller
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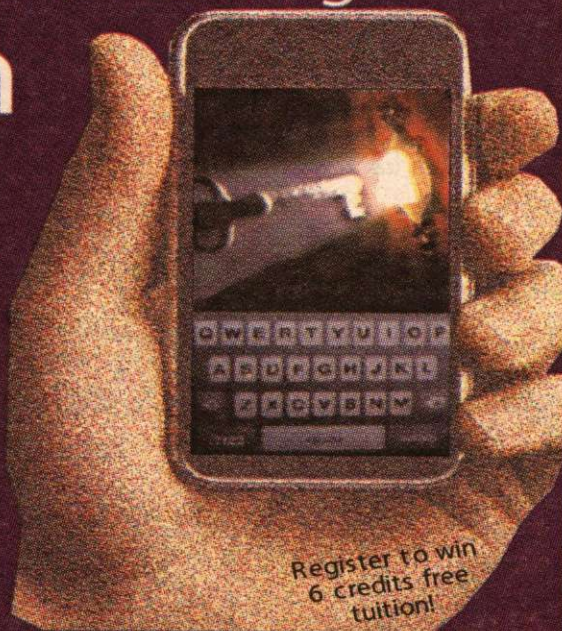
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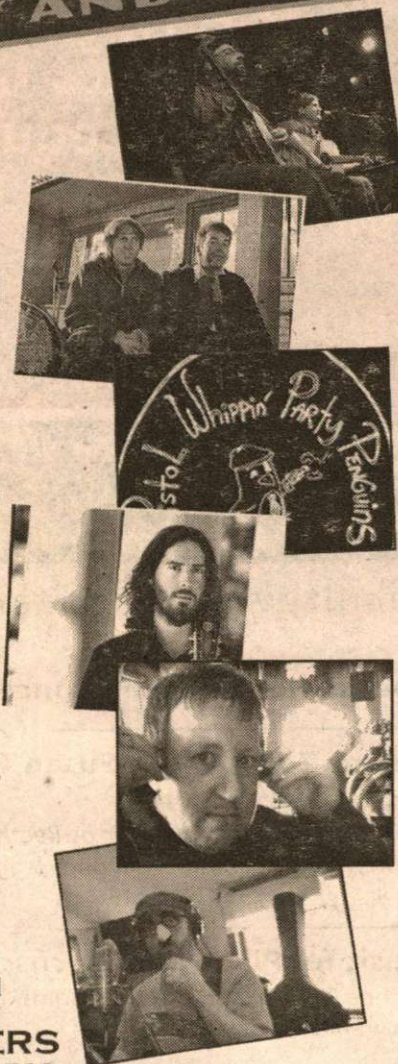
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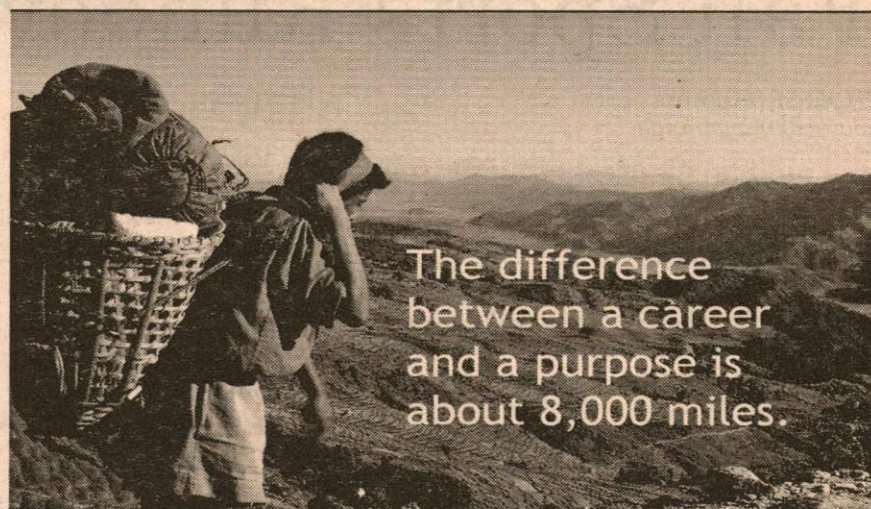
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 Life is calling. How far will you go?

Superstitious athletes follow specific routines before games

BY BRIAN MICHAUD
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The next time you're downtown on a Twins game day, make sure you stop by the Jimmy John's on Grand Avenue. Order yourself a sub and wait for the show. Before the night is over, a giant Canadian individual with blonde hair and a straight-laced haircut approaches the counter, and in a deep canuck monotone, orders a number four, the Turkey Tom, with no sprouts.

Folks, what you have just witnessed is one of the most perplexing sports mysteries known to humankind; the sports superstition. That routine is similar, if not exact, to what Justin Morneau does 81 times a year before each and every Twins home game. Whats funny, is that Morneau is no different from your average, run-of-the-mill, everyday sports fan. From late inning rally caps, to those special Green Bay Packer fans that refuse to wash their old Brett Favre jersey. Even after they have spent 29 consecutive game-day Sundays spilling Miller Lite and spraying bratwurst from the corners of their mouths onto the sacred green threads that compose the fabric of their fallen superhero.

When those NHL players find themselves playing in late spring, you'll undoubtedly notice their peculiarly intense jaw-full of facial hair. You guessed it, the playoff beard has arrived, and they're here to stay until that one lucky player

holds up the Stanley Cup and gives it a nice little whisker brush as he passes it on to the next teammate. Unless it's Sidney Crosby, whose boyish face wasn't able to produce the full playoff beard; which resulted in abstract patches of fur seemingly fixed on with glue sticks, wielded by a craft crazy second grader with ambition.

Apparently, Brad Childress is doing a bit of forward thinking. His chin music has been in bloom since Sage Rosenfels became the most useless trade in history. Don't kid yourself, if you're a hockey fan, you aren't shaving until your favorite squad is playing golf in April once those playoffs get underway. It gets to us too.

Sports superstitions are completely unsolvable puzzles of human psychosis. One would think that being hundreds of miles north, in the frozen tundra on the cusp of the Iron Range, that superstition couldn't flourish here. That it's too cold. That living in this weather, you have to make your own luck. Well, you'd be wrong. The grasp of superstitions has taken root even here, in the UMD Bulldog locker room.

The madness begins on Thursday nights. Isaac Odum and his small army of football players show up at Olive Garden and literally put an end to the "Never Ending Pasta Bowl." Following the carbo-load, some players choose to relax, and clear their minds before gametime. If you stop by Tobias Lemke's place, you can catch him and Oscar Strauss sneaking in a game of NCAA '10 on his PS3. If only they included Division II teams. Stop by the stadium an hour early, and

catch punter Alex Miller religiously count out two glasses of Gatorade, and then do it all over again with water.

I'll bet you he doesn't have any of his top pads on yet. Kicker David Nadeau is no stranger to sports rituals. Being a kicker, he's on par with hockey goaltenders and baseball pitchers. Notoriously, these athletes are of a different breed. Any kid growing up knows you never talk to a goalie working on a shutout, or even sit next to a pitcher closing in on a no hitter. Similarly, kickers are loners on the bench. They need their focus, and simultaneously, they have their rituals.

"I always listen to country music in the locker room before games," he said. "I always put on my left shoe before my right and I always tie my left shoe before the right one." Sounds crazy right? David broke the single season extra point record last season.

If you're lucky, D.J. Winfield will put on his best Hollywood Hulk Hogan impression as he struts down the 50 yard line jamming out to "Voodoo Child" by Jimi Hendrix just before game time.

So whether you're watching Scott Baker avoid base paths on his way back to the dugout on a Saturday afternoon, or sitting in the stands at Malosky about to watch some good ol' football, make sure you look out for Dan Beck and Ty Johnson. They'll be the guys air guitaring the solo from "Thunderstruck."

Fall Sports Rundown

BY JESSE MURRAY
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FOOTBALL

UMD won its fifth game on Saturday against Northern State in Aberdeen South Dakota, 41-0. In the last 12 quarters, the Bulldogs have only allowed two touchdowns, and haven't allowed a score in seven consecutive quarters.

Junior running back Isaac Odum rushed 28 times for 228 yards and three touchdowns. Odum leads the nation in scoring with 132 points. Fellow Junior running back Brad Foss rushed 16 times for 114 yards. Overall, the Bulldogs rushed a combined 58 times for 378 yards.

Freshman quarterback Chase Vogler completed eight passes on 14 attempts, totaling 76 yards. He was picked off twice.

Despite looking dominant on the scoreboard, the Bulldogs did manage to turn the ball over five times. UMD is now 6-1 (6-0 NSIC) and will play their homecoming game this Saturday against St. Cloud State University at 1 p.m.

VOLLEYBALL

UMD Volleyball beat the St. Cloud State Huskies in three games on Friday (25-19, 25-17, 25-13) to improve to 16-3 overall, and stay undefeated at 9-0 in the NSIC. Alyssa Nelson had 14 kills, while Anna Zyvolovski tallied 11 in the win. Eleena Iisakka added 34 set assists, and Rachel Jacobson had 21 digs in the Bulldog's tenth straight win.

Unfortunately, UMD's streak ended there, as the tenth ranked Bulldogs played first ranked Concordia-St. Paul. UMD was swept (25-20, 25-20, 25-5) by the nation's best team on their home court, the Golden Bears. No Bulldog managed double digit kills in the loss, although Alyssa Nelson came close with nine. Iisakka had 23 set assists, and Jacobson managed 11 digs.

The Bulldogs Return to Romano for homecoming this weekend, playing the University of Mary on Friday at 7 p.m., and Northern State on Saturday at 4 p.m.

SOCCER

A pair of shutouts for junior goalie Hannah Bengtson helps to keep the Bulldogs on a roll. They've won eight out of their last nine games



TOM CARIVEAU/STATESMAN
Junior Brittany Brown slides to try and center a pass.

and this weekend went 2-0.

On Saturday the Dogs were put against Concordia St. Paul, and at 24:49 senior Clare Dahman scored the lone goal on the day. Bengtson stopped all five shots that came her way, while UMD fired six shots on net themselves. The 1-0 lead was enough to give Duluth the win.

Sunday scoring against the St. Cloud State

Huskies was more of a challenge, despite having a shot ricochet off the post one of the three UMD shots on net got through. Having just a single goal lead in the second half was not a problem for the Dogs with Bengtson in net, she stopped all five shots directed at her.

This weekend the team travels to the Dakotas, taking on Northern State Saturday at 1 p.m. and University of Mary Sunday at 1 p.m.

Goalies have big skates to fill



LARAMIE CARLSON/STATESMAN

Sophomore Brady Hjelle reaches to stop a shot against the Lakers.

BY BEN JOHNSON

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This year the Bulldogs will look to build upon last year's historic run deep into the postseason, but it won't be easy after losing nine players from last year's squad. Among the players lost are top point scorer MacGregor Sharp and the most prolific goalie in UMD history, Alex Stalock.

Goaltenders

Sophomores Brady Hjelle and Kenny Reiter will attempt to fill Stalock's Shaq-sized skates this season. Hjelle (pronounced jelly) is listed first on the depth chart, but Reiter (pronounced writer) will also get a chance to prove himself.

Hjelle set the Minnesota high

school state record for saves in a game (74) back in 2006 when he was netminding for International Falls High School. After the 2006 season he decided to forgo his senior year of high school to play for the Cedar Rapids RoughRiders in the United States Hockey League (USHL). As a 17-year-old he posted a 22-14-8 record with a .921 save percentage and 2.50 goals against average for Cedar Rapids, which was good enough to make him a finalist for both USHL Rookie of the Year and Goalie of the Year. He then joined the Bulldogs and has seen limited action. He stopped 32 of 34 shots faced last year in limited duty.

Reiter, a Pittsburgh native, owns the distinction of being the first

Pennsylvanian to don a Bulldogs uniform. After spending two seasons buried on the depth chart, he was solid in his collegiate debut Sunday versus Northern Michigan, stopping 30 of 33 shots in the 3-1 loss. He is nearly four years older than Hjelle, spending three years in the North American Hockey League (NAHL) before joining the Bulldogs in 2007.

One or both of them will have to step up and perform well behind an inexperienced corps of defensemen for the Bulldogs to have a shot at building on last season's postseason success.

UMD began the 2009-2010 season by going 1-1 at the DECC, winning 4-3 Friday against Lake Superior State before losing to Northern Michigan Sunday night.

"There's going to be a lot of ups and downs, we have a young team this year," said Head Coach Scott Sandelin. "I like our team but we have a lot to learn."

Justin Fontaine and Jack Connolly whisked UMD off to a great start to the season when they connected three times for first period goals on Friday. They connected again on Sunday for the Bulldog's lone goal in a 3-1 loss to Northern Michigan.

Both Brady Hjelle and Kenny Reiter looked solid in their season debuts in goal. Hjelle stopped 25 out of 28 shots for his second career victory on Friday and Reiter stopped 30 of 33 shots in his collegiate debut on Sunday.

Athlete of the Week: Alyssa Salava



BY BRIAN MICHAUD

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Recognizing more of the young talent the Bulldogs have to offer their fans, the UMD Statesman has named freshman cross-country runner Alyssa Salava Athlete of the Week.

Salava grew up running in the Twin Cities area. As a member of the North St. Paul Polar cross-country team, she gained valuable experience as a competitor, as well as a human being, before taking her skills to the North Country.

As a Polar, Salava captained both the cross-country and track teams her junior and senior years, finally earning All-State honors in 2009. In addition to her statewide success, she was also voted the MVP of both her cross-country and track teams in 2009.

Recently, Salava proved her team proud by being the first freshman to finish, and fifth out of 332 total runners. Her 6k time of 22:49 was the best of her career thus far, but college athletics aren't all fun and games. The work these players endure can surprise even the most conditioned athletes.

"The volume of our workouts

are a big difference. This year our workouts can be up to eight miles long and another difference would be the intensity. Everyone's a lot more committed and competitive which I really like," Salava said. Not only are intercollegiate athletes challenged physically, they are challenged mentally as well.

When Salava was asked what the hardest transition from high school to college was for her, she said, "One of the biggest changes is the workload. There's always so much school work that I could be doing, and of course managing that so I can still have a fun college life."

Even gifted athletes aren't immune to procrastination. Salava and the Bulldogs look to close out their season with even more success. There is a particular freshman runner on the team that sees a bright future drawing closer and closer with each passing competition.

"I see a great future ahead for the Bulldogs. We're a super fun and hardworking team—I think that the season is going to continue to get better now that it's coming close to the end. We'll start peaking and our times will really start to drop," Salava said.

"We definitely want to win conference this year and place higher at nationals than last year. Even though our rankings dropped a few spots, I know we'll be able to do it because we've already worked so hard and this is something all the girls really want."

Salava and the rest of her teammates will travel this weekend to Wisconsin in hopes of continuing their undefeated conference record. Last fall the team was surprised at how well freshman Morgan Place could perform, with her times only continuing to get better. This freshman phenom Salava could be just the next surprise athlete.

The UW-Oshkosh Brooks invitational is the next meet for the UMD runners.

CROSS COUNTRY

from page 32

The Bulldog men also ran a successful race last weekend. Sophomore Nick Nygaard set the pace for UMD with a time of 26:34 and a second place finish in the 8k. Senior captain Zach Varty (4th; 26:47), freshman Tom Ruttger (6th; 26:54), junior Erik Escher (8th; 27:04), and sophomore Kyle Larson (11th; 27:14) had strong performances as well.

"It was very different running in the snow," Larson said, who ran a personal best at the Pine Hill In-

vitational. "It was a lot colder than I'm used to but it kinda made it easier to concentrate on the cold rather than how tired I was becoming."

"The kids did really well today," said Coach Fulkrod. "They were able to run in the cold and snow and make things happen. I'm really proud of them."

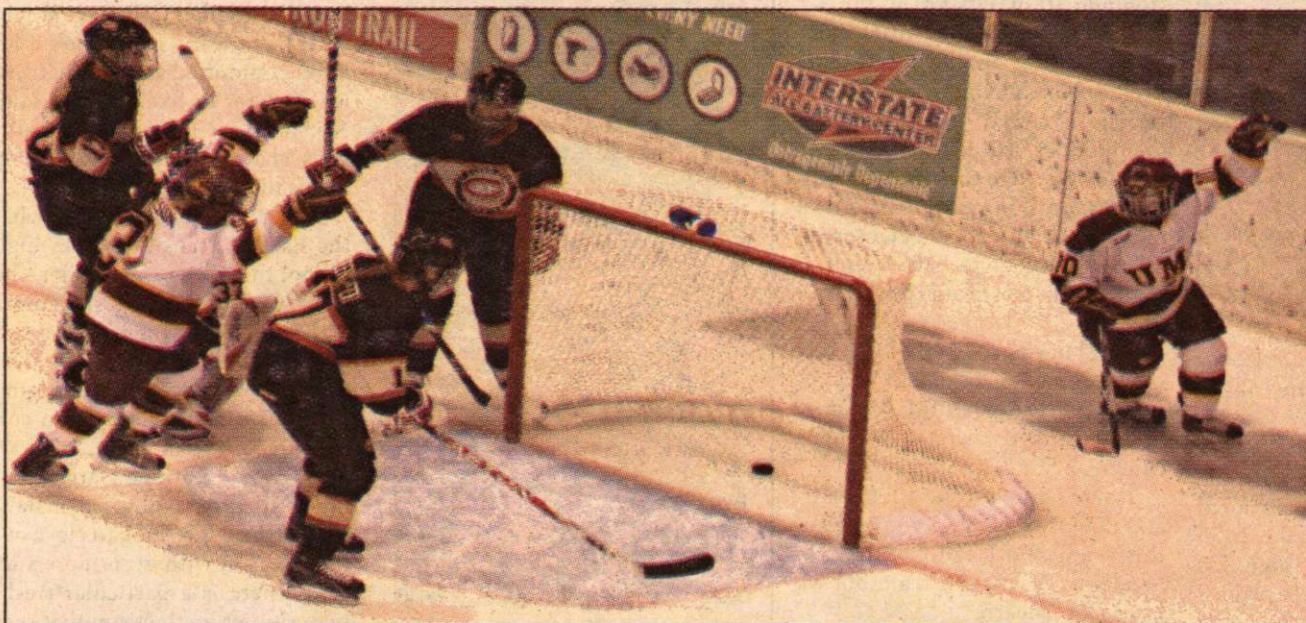
Next weekend the Bulldogs are traveling to Oshkosh, Wis., to compete in the UW-Oshkosh Brooks Invitational.



SAMANTHA LEFEBVRE/STATESMAN

Runners begin the Pine Hill Invitational with snow on the ground.

Women's hockey sweeps St. Cloud with offensive explosion



JORDAN CATALDO/STATESMAN

UMD gets one past SCSU's goalie in one of their five scores on Saturday

BY CORY HUNT

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After splitting the opening series with Robert Morris, the Bulldogs opened up their conference series against Saint Cloud State this weekend. The Bulldogs swept the games to improve their record to 3-1 and pick up their first two WCHA wins of the year.

The Bulldogs won the first game 5-3 over the Huskies. The Bulldogs started the scoring early in the first period as fresh-

man forward Audrey Cournoyer netted her first collegiate goal, making the score 1-0. Saint Cloud was quick to answer as Caitlin Hogan tallied a goal for the Huskies. Close to mid-way through the first period, freshman Katie Wilson buried her first collegiate goal on the power play to put the Bulldogs up 2-1.

The second period was plagued with penalties by both teams. The only score of the period came from Saint Cloud to even the score. The Bulldogs did, however, manage to kill all three of their penalties successfully, but they could not

convert on their two chances on the power play. At the end of the second period, the game was tied 2-2.

The Bulldogs had a lot of energy in the third and kept play in the Huskies' zone for most of the period. The Bulldogs continued the scoring with freshman Jessica Wong scoring on Saint Cloud to make the game 3-2, with the Bulldogs in the lead. UMD quickly added another tally 42 seconds later as senior Emmanuelle Blais netted her second goal of the night to give the Bulldogs a two-goal lead.

The next goal came at 10:52 by the Huskies, drawing UMD's lead to a single goal. The Bulldogs responded a few minutes later on a breakaway goal by junior Laura Fridfinnson to give the Bulldogs a final 5-3 lead and their first WCHA win at the DECC.

The Bulldogs opened up the second game of the series against the Huskies fresh off their first WCHA win of the season. Most of the game was solid defensively by both teams, with a lot of back and forth play.

UMD finally scored the first goal of the game in the second period as Cournoyer skated in and made a nice move to get around the defender and get a shot on net, where Wilson was following to put the puck into a wide-open net.

UMD notched the second goal of the night from a point shot in the third period by freshman Mariia Posa, for her first goal as a Bulldog. Freshman Jennifer Harss was outstanding stopping all 24 shots by the Huskies in the game. It was her first shut out of her career as a Bulldog.

UMD managed to convert their first power play of the year in the first game on a goal by Wilson. Unfortunately, the Bulldogs could not convert on any other power plays, going one for 10 on the weekend. The Bulldogs did manage to shut down the Huskies on all 15 of their power play opportunities. The Bulldogs continue their WCHA play next weekend as they travel to play the University of Minnesota.

UMD dominates Pine Hill Invite

BY SAMANTHA LEFEBVRE

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A cloudy sky, winds near 15 mph, and a temperature struggling to reach higher than 30 degrees set the stage last Saturday for UMD's men's and women's cross-country home meet at Pine Hill Golf Course in Carlton, Minn.

Despite the cold and snowy conditions, the Bulldogs were able to come out on top. The Women's team acquired 18 total points and achieved the team title at the invitational. Sophomore Morgan Place

led the Bulldog women to victory. Place won the meet, making it her fifth consecutive victory this season and 11 out of 13 in her college career. Place completed the 6k race in a time of 21:36.

"As soon as I saw the snow on the ground I instantly became super excited for today's race," said Place. "It's not every day that you get to race in the snow. I had fun out there."

Along with Place's victory, the women's team finished with seven runners in the top eight. Freshman Alyssa Salava came in second

with a time of 22:52, followed by four consecutive juniors: Michelle SanCartier (4th; 23:27), Carrie Wardell (5th; 23:36), Bridget Hines (6th; 23:43) and Whitney Hines (7th; 23:51). Senior Alyssa Wendt finished up the top eight crossing the finish line in 24:02.

"The girls had another fantastic race today," said Head Coach John Fulkrod. "Morgan ran well again and Alyssa Salava had her best race of the season thus far."



SAMANTHA LEFEBVRE/STATESMAN

The snow on the night before the Pine Hill Invitational was not enough to slow down the Dogs as they ran to great finishes.